

Full Report (All Nutrients) 45109326, MICHELINA'S, ZAP EMS, LASAGNA WITH MEAT SAUCE, UPC: 073369060404

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Bellisio Foods Inc

| Nutrient | Unit | Data points | Std. Error | 213.0 g 213g | 1 Value Per100 g |
|--------------------------------|------|-------------|------------|-----------------|------------------------|
| Proximates | | | | | |
| Energy | kcal | -- | -- | 249 | 117 |
| Protein | g | -- | -- | 9.99 | 4.69 |
| Total lipid (fat) | g | -- | -- | 8.01 | 3.76 |
| Carbohydrate, by difference | g | -- | -- | 32.99 | 15.49 |
| Fiber, total dietary | g | -- | -- | 1.9 | 0.9 |
| Sugars, total | g | -- | -- | 4.00 | 1.88 |
| Minerals | | | | | |
| Calcium, Ca | mg | -- | -- | 81 | 38 |
| Iron, Fe | mg | -- | -- | 1.81 | 0.85 |
| Sodium, Na | mg | -- | -- | 650 | 305 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | -- | -- | 8.9 | 4.2 |
| Vitamin A, IU | IU | -- | -- | 300 | 141 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | -- | -- | 2.492 | 1.170 |
| Fatty acids, total trans | g | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | -- | -- | 15 | 7 |

Amino Acids

Other

Ingredients

COOKED ENRICHED MACARONI PRODUCT (WATER, DURUM SEMOLINA [ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, DICED TOMATOES (TOMATOES, TOMATO JUICE, SALT, CALCIUM CHLORIDE, CITRIC ACID), BEEF, TOMATO PASTE, ONIONS, LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CHEESE [CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES], MODIFIED FOOD STARCH), LESS THAN 1% OF BEEF BASE (ROASTED BEEF AND CONCENTRATED BEEF STOCK, SALT, HYDROLYZED PLANT PROTEIN [SOY, CORN, WHEAT], CORN OIL, SUGAR, AUTOLYZED YEAST, FLAVORING [DRIED ONION AND GARLIC, SPICE EXTRACTIVE], MALTODEXTRIN, DRIED WHEY, DEXTROSE, CARAMEL

COLOR), CANOLA OIL, ROMANO CHEESE (PASTEURIZED PART SKIM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), GARLIC (WITH WATER AND CITRIC ACID), SALT, MODIFIED FOOD STARCH, MALTODEXTRIN, SPICES, MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BHA & BHT ADDED TO PROTECT FLAVOR, VITAMIN A PALMITATE AND VITAMIN B3 ADDED), SUGAR, GRANULATED GARLIC, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, LESS THAN 1/10% SODIUM BENZOATE AS A PRESERVATIVE), XANTHAN GUM, MALTODEXTRIN AND NATURAL FLAVOR. *Date Last Updated by Company: 05/18/2016*